

Press Report 4th February 2025



CHINGFORD LEAGUE 5 Miles Victoria Park Saturday 1 February The final individual event of this winter's Chingford League took place on a revised course of one small lap and 2 longer ones rather than the traditional figure of eight course in the park. Ilford AC had a team of 29 take part in the event with the men racing over the fast flat course in division two. Their challenge was led by Ronan Edwards, who is in great form at present, finishing 4th in an excellent time of 26 minutes 04 seconds. Next home was Josh Adler, who is improving in every race, in 11th in a new personal best of 27 mins 42 secs. Tomas Krukauskas who impressed on his club debut came ...[Read more](#)

Press Report 28th January 2025



SOUTH OF ENGLAND CROSS-COUNTRY CHAMPIONSHIPS Ilford AC sent a small team to this yearly championship again held at Beckenham Place Park The club had two competitors in the U17 men's 6k. Samuel Crane had the highest finish for the club on the day in 97th place in a time of 22 mins 08 secs. He moved through the field well after a slow start. Ryder Islam finished in 140th in 23 mins 57 secs and was disappointed after a good start but has the chance to come back next year and improve his placing. Leila Lauder was next up competing in the u17 women's race over the same course as Samuel and Ryder. She gained valuable experience finishing in an excellent 103rd place ...[Read more](#)

[Press Report 21st January 2025](#)





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Chingford League Epping Forest Saturday 18th January 2025 SENIORS The latest round of the Chingford League was held over a muddy, hilly course in Epping Forest and Ilford AC fielded a squad of 13 athletes in the senior races, which were over a distance of 8km. Leading home the men's team was Manuel Vigo in an excellent 28th spot in a large field, timed at 34 mins 16 secs. Next in was Seb Parris with 37 mins 09 secs for 67th, with Dan Holeyman 80th in 38 mins 13 secs. Steve Chissell kept up his winter form in 94th, and 3rd in the M60 age group to finish, 39 mins 26 secs. The scoring team was completed by Bradley Brown (131st) and Chris kind (162nd). Also ...[Read more](#)

[Press Report 14th January 2025](#)



Metropolitan Cross Country League Welwyn Garden City Formed in 1966, the Metropolitan League is one of the oldest Cross Country leagues in the country. Last weekend's race was the 4th this season in the league and was held at Stanborough Park, Welwyn Garden City. In sub zero temperatures, 2 Ilford AC athletes represented the club. In the Senior men's race, Ronan Edwards ran well over the 8k course to finish in 112th place, and 4th U20 male in a time of 30 minutes 11 seconds The veteran men also ran over an 8k course and Jim Tilbrook was pleased with his time of 43 minutes 51 seconds which placed him 164th vet and 24th in his age grouping. Southern Counties Indoor athletics Champs Lee Valley Eight junior Ilford athletes ...[Read more](#)

[Graham Williams RIP](#)



John Batchelor informs us:- I have just received a call from Karen, daughter of Graham Williams, that Graham passed away on 29th December. Graham was 84 and had spent the last year in a care home suffering from dementia and the after effects of two broken hips. Graham was one of six brothers, five of whom were Ilford AC members, Colin the race-walking champion, Howard, Keith and Martin, and Graham himself. I remember vividly my first race with Graham on a snow-covered Hainault Forest course in 1960. Much later in life

we occasionally trained together, travelling long distances to explore the canal network. He was a regular participant in the Blackheath Harriers' Ted Pepper race in Beckenham until quite recently. I expect to ...[Read more](#)

Press Report 7th January 2025



ESSEX CROSS-COUNTRY CHAMPIONSHIPS Basildon Saturday 4 January The Essex Cross Country Championships were held in Gloucester Park, Basildon once again. In the Under 13s boys race, held over a challenging 3.1k course, both Khalif Ali, 35th in 13 mins 43 secs, and Elias Furreedan, 54th 15 mins 41 secs, struggled on the hills but should be pleased with their performances in a quality race. Likewise Barney Perkins, 32nd in 18 mins 09 secs, in the

under 15 race, held over a 4.3k course, found the going tough but will come back stronger next year in the same age group. Ryder Islam had his best championship performance to date to finish 19th in 23 mins 47 secs in the under 17 men's race one place behind ...[Read more](#)

[Press Report 31st December 2024](#)



Ilford AC's 101st year concluded with 2 of the clubs longest running(excuse the pun) events, the Boxing day handicap which is 15 years old, and the 10m Cross Country Championships which has been part of the clubs running calendar since the early 1950's Ilford AC Boxing Day Handicap Hainault Forest 26th December 2023 A field of 20 runners brushed off the Turkey and Christmas hangover to toe the line for the 15th annual Ilford AC Boxing day handicap. The route is 3.3 miles through the hills and mud of Hainault Forest and forms one lap of the clubs own 10 mile championships which traditionally takes place a few days later Each runner is given a handicap based on their previous form over the year. This year's winner ...[Read more](#)

[Ilford AC 10 mile XC results](#)



Ilford-AC10-Mile-Results-28122024.xlsx [Read more](#)

[Press Report 23rd December 2024](#)



Ware Cup Loughton SENIORS The Annual Ware Cup, hosted by Loughton AC was held at Roding Valley Recreation ground last Saturday. Following recent heavy rainfall the 7.8k course was very wet and muddy, and in some areas runners were running through puddles almost knee deep. Despite the conditions Ilford AC had 5 athletes battling the course on the day. In the ladies race Alison Sale led the team of 2 home in 15th position with a time of 41 mins 01 secs. Frieda Keane then came home in 34th position in 51:13, a time which also gained her 3rd place in her age grouping The ladies finished in 6th position on the day. In the men's race, Seb Parris led the team of 3 home in 18th ...[Read more](#)

Press Report 17th December 2024



ESSEX MASTERS CROSS-COUNTRY CHAMPIONSHIP Epping Forest The Essex Cross-Country Championships for Masters Athletes, runners over 40, was held in Epping Forest near Chingford. The event was over a very wet and muddy 2 lap course of 8km. Ilford AC had 19 entrants across the age categories and won 3 individual and 3 team medals. The first race was for all men over 50 and the Ilford team were led home by Fabrizio Stefanoni in an excellent 5th overall and 4th place in the M50-54 group in a time of 32 minutes 30 seconds. Next home was Steve Philcox who continued his good form on the cross-country with 7th place overall and 2nd in the M55-59 category with 32 minutes 40 seconds to claim a ...[Read more](#)